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St. Mary's College, Thrissur-20

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Chief Editor: Prof. Ramakrishnan SHEMEELA



## **Dear Elder Marians...**

It is with great happiness that I recall, with the advent of 2022, the COVID Scourge of the past two years has lessened to an extent that all human activities could be resumed throughout the world. Our own Elder Marian social activities in Thrissur could be resumed offline for serving the public here to improve their health and safety.

A list of the activities which had been done online by Zoom meetings and Google meets during the COVID pandemic period, has now come into practice in offline physical activities so people could meet to help one another more effectively.

A great start in our social activities was the organisation of two free eye camps for the inmates of the High Security Prison, Central Prison and Correctional Home, Viyyur consecutively on 6/7/2022 and 20/7/2022. The camps were conducted with the collaboration of the Malabar Eye Hospital, Thrissur. About 67 inmates were tested and some of them were found to have eye vision issues. Our Elder Marian Association has contributed an Aquarium to the prison on the first visit there. Financial support for buying spectacles will be included along with the free consultation.

There was an invited talk on Effective Parenting on 23/7/2022, under the auspices of Elder Marian activities, given by the psychiatrist Dr. Sailaja Ramkumar of Atreya Hospital and Westfort Hitech Hospital, Thrissur for III DC parents.

An Eye Camp was also conducted for II DC students on 10/8/2022 in collaboration with Malabar Eye Hospital as a precautionary measure for long periods of screen time spent by them in the online class mode of education thrust on them during the COVID pandemic. Out of 375 students, 106 were found to suffer from eye vision issues so that they had to be directed to the hospital for further detailed consultation.

The Marian Monsoon Fest conducted on 15/ 9/2022 to 16/9/2022 was a grand affair with preparations of pickle and jam along with fresh juice as samples. A talk on Entrepreneur Matchmaking for BBA, B.Com and Economics students on 14/ 10/2022 by Ms. Roopa George (Alumni - Pre degree 1996 batch) enable them to have an idea on entrepreneurship set - ups which could be started by them to provide employment for people along with building up their businesses.



An Old Age Home, Ramavarmapuram, Thrissur Visit was organised by the association on 24/11/2022, along with some students of II B.Sc Microbiology. A whole day was spent with these elderly inmates to help them enjoy themselves. An amount of Rs 10,846/- was donated by our association towards their dress purchase.

On 11/12/2022, the first international chapter of Eldermarian Association, the UAE chapter was inaugurated through google meet.

Other more joyful activities too were carried out by the association in December 2022, as the competition for the choice of the Gem of St. Mary's from the student participants. The winner was the student who answered the questions from the judges effectively, besides being attractive and an enthusiastic extra-curricular participant of the college. This year the winner is Ms. Rosemary KC, M. Sc Biology.

Last but not least, a wonderful graduation ceremony was held at the Marian Auditorium on 13/1/2023 to launch the graduates of the different branches, to their new vision of deriving successful employment and providing useful service to humanity from their occupations and vocations. The distinguished Dignitaries for the function were Dr. Mohanan Kunnummal, Vice Chancellor, Dr. Godwin Samraj, Controller of Examinations and Sr. Dr. Chrislin, Provincial Superior. It was a precisely organised perfect event even though two years had lapsed before it could be conducted so gloriously.

On the whole, the year 2022-23 has turned out effectively for the Elder Marian Association due to the route of the COVID Pandemic by simultaneous vaccinations carried out so smoothly all over India. Now, sanitization, social distancing and wearing masks are almost a matter of the past. But we still have to be careful.

Mrs. Shemeela Sasikumar (Prof Ramakrishnan Shemeela, 72-74 batch, Chief Editor)

## **Principal's Note**

Coming back to our alma mater is always a happy moment in everyone's life. St. Mary's college is eagerly waiting to meet her daughters on January 26<sup>th</sup>. We all were having a hectic and tough time due to the Covid pandemic during the last 2 years which made us to resort to virtual meetings. Now since hopefully we are back to the post pandemic new, we eagerly wait for the real time personal meetings at our alma mater.

Reverie, the annual newsletter is the result of the efforts and contributions put in by the Elder Marians. I proudly congratulate the editorial team for making it inspiring and interesting. The reports of activities organized by Elder Marian truly reflect the efforts they put in to make present students benefit from the older generation.

As we always proudly announce, once a St. Marian, always a St. Marian wrapped in the protective mantle of our beloved Mother Mary. All who had grown here has truly developed academic excellence, intellectual, moral and spiritual growth and we are proud to see them making relevant contributions to the society. I am glad to acknowledge the Elder Marians and St. Marians who work together to uplift the glory of our college to more and more heights.

May God bless all our endeavours and strengthen our togetherness more and more!

Wishing you all a great time ahead

Sr. Dr. Magie Jose, Principal

## **A Short Trip to Madhya Pradesh**

Recently I was lucky to be able to visit Madhya Pradesh, the Central Province of India. The travel was organised by the Somans Travels Agency, which organised short tours around India for people unfamiliar with other states of India beside our home state of Kerala. Most of the tourists were older people and pensioners in their fifties, sixties and seventies. I had gone with this group to foreign countries like Singapore, Malaysia, some nations in Europe and Locations in the USA and Canada some years ago who had showered care and solicitude on their clients. But with the Covid pandemic from 2020 to 2022, most of us dared not venture out of our homes. Only after being administered with the Covid vaccines ( for us two Covishield vaccines and a precautionary vaccine) could we venture to the outside world involving crowds of people. After March 2022, I visited my son and his family in Toronto, Canada for roughly two months. Then I was wondering about visiting some temples in other states of India. Finally, the idea of visiting Madhya Pradesh came to my mind when I saw the brochure of travel on the Somans Travel site. It is mentioned three cities Indore, Ujjain and Mandu, where there are many historical monuments. Actually there are 34 cities in this largest Indian province , but in the five days of the travel itinerary, we would only be able to cover the three cities in that period. My husband was not interested in travelling to Madhya Pradesh so I was travelling alone.

Early morning on 24th September, my husband dropped me at the Nedumbassery domestic terminal to board the Indigo airplane to Hyderabad airport. I got acquainted with my fellow travellers. Most of them were married couples except for four ladies including me travelling alone without our spouses. Sarada, a retired Zoology professor was partnered with me while Omana a business woman and her friend a teacher, shared a room. Three hours of transit at Hyderabad and soon, we had boarded an airplane to our destination Indore, the largest city of Madhya Pradesh. The hotel where we stayed was a three star one named Sarovar Portico in the Regal area of Indore. It seems that Indore, considered as the cleanest city of Madhya Pradesh and equipped with spacious highways and roads, was built by the British colonial rulers as a more comfortable city than Bhopal, the actual capital city of Madhya Pradesh. Of course, we were not fortunate to glimpse Bhopal. We stayed in the hotel and plied in a tempo traveller throughout the city and also visited the heritage sites of Mandu and Ujjain while visiting some religious spots as well as a palace Lal Bagh in Indore itself on the final day before we returned to Kerala.

We reached Indore and our hotel in the evening of the 24 th of September 2022. We were tired out and rested some time before venturing to visit a food spot close by which offered a number of exotic delicacies.

Ramakrishnan Shemeela (PDC 1<sup>st</sup> Group - 1972-1974)

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## Chicken Spring Roll

### Ingredients for filling:

- Chicken boneless – ½ kg
- Carrot – 2 big sizes
- Beans – 250 gms
- Capsicum – ½ big one
- Celery – 2 stalks
- Ginger garlic paste – 1 table spoon
- Onion – 2 big ones
- Oil – as per requirement
- Eggs – 2
- Bread crumbs - as per requirement
- Salt – as per requirement
- Pepper – as per requirement
- Spring onion – 1 bunch
- Soya bean sauce – 1 table spoon



### Directions to make the filling:

- Boil the chicken with salt and pepper.
- Finely chop the chicken into small pieces.
- Keep it aside
- Take a pan. Pour 1 table spoon refined oil.
- Put ginger garlic paste and sauté it until it's cooked.
- Add 1 table spoon soya bean sauce and stir it for 1 min.
- Add onion, carrot, beans, celery, capsicum and spring onion in order.

- Add pepper and salt as per required and stir it for 5 mins. Make sure it's not over cooked.
- Set aside the vegetables.
- In the same pan add 1 table spoon refined oil and slightly sauté the boiled chicken pieces.
- Add the cooked vegetables into the pan and mix it well with the chicken pieces.
- Turn off the flame and close the pan for 2-3 mins.

Ingredients for the Batter for wrap:

- Maida – 1cup
- Corn flour – 2 cups
- Egg – 1
- Salt – as per required

Directions to make batter for wrap:

- Take Maida and corn flour in a mixer bowl in the ratio 1:2.
- Add 1 egg to it.
- Add salt as per requirement.
- Add 3 cups of water, and mix it such that the batter becomes very loose and doesn't form lumps or turns to a thick batter. If the batter is still thick, add few more water to get the loose consistency. Set aside the batter.

Directions to make the roll:

- Take a small pan of approximately 10 cm diameter and place it on the gas stove with the flame on low- to medium; so that the pan is not over heated.
- Pour 2 table spoons of the batter to the pan and rotate the pan with hands to get a thin wrap.
- Put the wrap on a plate with some corn flour sprinkled on it so that the wrap doesn't stick onto the plate.
- Now take 1 table spoon of the filling and place it on one end of the wrap.
- Slowly roll the wrap tightly.
- When the wrap is rolled till the middle, pick up the sides of the wrap and fold them in over the toppings and continue rolling.
- Seal the roll completely with Maida paste so that the wrap is tightly sealed.
- Repeat making the same way until you finish the filling.
- Once all the rolls are made, dip the rolls into a bowl with two beaten eggs.
- Make sure the roll is completely covered with the egg wash.
- Now cover the roll with bread crumbs.
- Repeat the same for all the rolls made.



- Heat refined oil for deep frying.
- Now take each roll and fry it until it turns golden brown.

Mini Wilson (BA History 1982-85)

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## **Encounters with Snakes**

When we left Singapore to return to India, we never realised that encounters with snakes would soon be common experiences for all of us. Thrissur, the town where we settled, is a place teeming with snakes. Even in the middle of the town where there is the bustle of shops and traffic, there are instances of snakes being seen. A friend from the South Indian Bank Limited told me that when trying to clean some files in the bank Main office, a number of baby krait snakes were found in some of them. How they came up two stories high into these files, still is a mystery. A mother krait must have somehow climbed up and laid eggs within these files.

In the early nineteen seventies, Thrissur was a small town with little traffic and few shops. But now it is a busy and tumultuous town with every professional from other places vying for settlement here with its facilities and comforts . Schools, colleges, public and private hospitals, large textile shops, breathtaking cinema theatres, supermarkets, even a few malls, have sprouted out to bring comfort to the settlers here. Of course , it cannot be compared to cosmopolitan Kochi city which is the most phenomenal Queen of the Arabian Sea. But then, it is only two hours away by public or private transport to reach Kochi from Thrissur, should needs arise for diverse shopping sprees.

But , one certain fact is that everywhere in Thrissur, we can see snakes; harmless ones like the water snakes in the flowing water of drains and stagnant water of ponds and rat snakes roaming about speedily along grounds and compound walls and dangerous poisonous ones like the cobra, krait and so on, less often. Green tree snakes hanging down from branches of trees is a common sight. Indeed, the view of one such sight stopped my young son Vivek from riding his bicycle adventurously along the All India Radio Road near our house to his

school Chinmaya Vidyalaya. The sliminess and creepiness of these creatures fill most people with horror and fear of being bitten.

In our first rented house in Thrissur near the Children's Park, there was a snake abode on the right side which we all avoided fearfully for those two years of residence there. I never saw a snake there but my mother did when she went to collect firewood at the back of the house. As she took up a handful of firewood, there it was, a small snake with its hood spread out and forked tongue hanging out. She dropped the firewood and ran screaming back to the kitchen, slamming the door and shivering uncontrollably. My father was not with us then as he had returned to Singapore. Neighbours from all sides of our house dashed out to search for the terrible intruder but it was never found. I guess it must have gone into the snake abode.

After two years, we bought a house in Chembukkavu near the Ramanilayam and the Town Hall. We called it Pattali, which was our family name. My studies in the Thrissur Government Engineering College proceeded there along with my younger siblings's school studies. My elder brother had joined for his Engineering studies at REC Calicut which is now known as NIT Calicut. Our house was old but grand in style and structure. Even then, we managed to see rat snakes slithering along the surroundings and on the ground now and then. Luckily, we did not see poisonous snakes. My brother used to tell us stories about snakes lurking in their Calicut campus, which was quite notorious for the presence of dreadful poisonous snakes. While on a walk during dusk, he had narrowly escaped stepping on a small krait when his companion yelled out a timely warning. My mother too had an encounter with a large rat snake emerging from a pot when she was sweeping the backyard. Her screams frightened away the snake which slithered fast over the back wall of our house.

The Government Engineering College Thrissur is notorious too for the presence of snakes. But, somehow or other, during my studies there, I never encountered any of them. But there was a story of a much senior student who died of the bite of a cobra while walking down the College Road from the college hostel with his friends. His parents never recovered from the grief of their son's tragic death. A lucky student escaped death some years later when bitten by a cobra as he put his hand to retrieve the football from a drain near the college canteen. His friends acted fast by tying a tourniquet around his lower arm into a stationary

position and delivering him to the hospital in the nick of time. One of them had also killed the snake and carried it along to show the doctor to ensure the correct antidote for the poison. The college quarters surrounding the college too teemed with poisonous snakes about which the staff tenants complained incessantly. They were told to keep their surroundings clean and tidied up to ensure their safety from snakes. The tragic death of a seventeen year old boy, son of the then office administrator of our college, occurred when his friend stepped on a black cobra lying just outside his house and he, who was just behind, was bitten by it.

My actual encounters with snakes occurred only when I got married to Sasikumar and went to stay in his ancestral house at Viyyur. It was a one-acre compound full of trees and plants with his family house at the middle with a clear space surrounding it. One of his relatives told me that it had a snake abode when it was owned by the previous owners constituting of a Nambuthiri family. It had been demolished by Sasikumar's father without any fanfare or ritual as he was an atheist. Whatever may be the reason, snakes abounded in the surroundings of the house, filling me with fear and terror despite Sasikumar's and his parents' reassurances. We lived there for fourteen years with our two children and his parents. Whenever a snake made its appearance in the whereabouts of the house, it was quickly dispatched by either Sasikumar or his father without fear or favour. As for me, I prayed fervently in the Lord Shiva Temple nearby for my family's safety all those years and always wiped the floors with a mix of water and kerosene daily to ensure that snakes never ventured into the house.

Sasikumar's father died in 1987 and his mother moved to reside with his sister in Thiruvananthapuram soon after. We still lived in his family house. During the school vacation, my children often stayed at my house in Chembukkavu along with their two cousins, looked after by my parents. After a month or so, I would go to fetch them back. It was on a Sunday that after breakfast, I decided to have a bath before going to fetch the children. Sasikumar had gone to the market to buy fish and other provisions. As I got into the bathroom which was outside the house, I undressed and started pouring water over my body when suddenly, I realised that my left lower limb was enclosed by the strong vice of a slithery slimy scaly body. I looked down in horror to see a long black snake below and kicked out my left leg violently and vigorously. The snake let go and slithered away to hide

behind the tub of water. I still shudder to remember that scene. But soon, I had jumped out dressed with my gown on miraculously, closed the bathroom door and shouted loudly to my house helper Thanga. I told her quickly about my experience but was astounded to hear her laughing hysterically. I told her to hush and bring someone to catch the snake as it was trapped within the bathroom. Finally she ran off to fetch help and brought some union labourers who had brought sticks. Soon it was killed and brought out of the bathroom to reveal a long black rat snake. It was a very narrow escape for me that it did not turn out to be a poisonous black cobra. I was then thirty- five years old, too premature an age to die and leave my family bereft of my presence. My neighbour Vasudevan and Sasikumar arrived soon after to console me. But I confess that all these years, I still shudder to remember that terrible snake encounter in my life. For many days, I could feel a rough scaly feeling on my lower left leg despite the administration of Ayurvedic balm daily. After that, whenever my children and I entered the bathroom to bathe, Sasikumar would first check all nooks and corners to ensure that no dreadful reptile lurked anywhere in it.

A few years later, while having a family get- together for Onam in Sasikumar's family house, a rat snake suddenly fell onto our outer left porch wall while I was sitting on the right one. All of us were assembled there so along with my strident scream, everyone screamed too. Someone took a stick, killed it and buried it.

We moved over to our new home at Ramavarmapuram in 1994. It has been a relief as few instances of snake encounters have occurred. But they have not been completely scarce. Now and then, we have seen a snake on our compound wall. Whenever I could, I would go to the Emmatty spices shop at the General Post office junction to buy white asafoetida and garlic, grind these into powder and prepare a watery concoction to pour the strong smelling compound all around our house. I have been teased umpteen times by my son that we human beings too will be chased out along with the snakes by its powerful pungent smell. But I have persisted with this practice all these years. Sasikumar has killed a few snakes too on the outskirts of our compound, while the rest of us shivered within the house. My children had the experience of glimpsing a python lying outside our main gate on the road in the late hours of a night at Ramavarmapuram in 2004. Actually, a passerby on a bicycle had seen it and alerted my son seated in his room above preparing for his Engineering examinations. At that time, Sasikumar and I had been transferred to Kozhikode

Government Engineering College and were residing there. Other spectators gathered there and someone called the police. The snake was carried away alive to the forest by the policemen from the police station close by. It is against the law to kill pythons. But I was quite upset when I heard about my children's frightening experience. I had only seen pythons in the zoo.

All in all, Thrissur does teem with snakes here and there. I am resigned to this truth, praying rigorously at the Lord Shiva temple nearby for my family's safety from snakes with an Ayyillya puja (Snake Pooja) held every month on Ayyilyam Day of the Malayalam calendar for many years. Of course with the COVID pandemic situation of the last year, the puja has taken a back seat as large gatherings in our places of worship is forbidden and this ritual is usually a crowded affair. I hope that the snakes too are occupying back seats in their holes as we human beings are struggling through the pandemic situation without succumbing to the Corona virus.

Ramakrishnan Shemeela (PDC 1<sup>st</sup> Group - 1972-1974)

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### **Marsh Mellow**

- Gelatine - 3 Deserts spoon
- Sugar - 1/2 kg
- Water - 1 1/2Cups
- Rose Essence - 1/2 tsp
- Pink or blue colour - 3/4drop
- Cornflour 3 tbsp
- Icing sugar 3 tbsp



Boil water. Pour 1 cup of boiling water over Gelatine. To the rest of boiling water add sugar. When it melts add Gelatine and cook till it becomes thick and white colour. Remove from fire and beat with an electric beater for about 10- 15 minutes. Add essence. If you want 2 colours, make it 2 portions and add different colours. Prepare cake tin and pour it

into the tin and keep in Room temperature for 5 to 6 hours. After 6 hours mix Cornflour and icingsugar together and dust it on top. Slowly take out the marshmellow. Can add lot of cornflour Icingsugar mix if it sticking and cut into small pieces and dust again in the cut sides .

Sheefa Jacob (BA History 1982-84)

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### കന്യകകൾക്കു ഒരു ആഹ്വാനം

കാണാച്ചരടുകളാൽ ബന്ധിതയാകും കന്യേ  
കെട്ടുകൾ അനവധിയാൽ വീർപ്പുമുട്ടുന്നുവോ  
കെട്ടാ മങ്കയായാൽ ഭാരമായ് വീടിന്  
കെട്ടിച്ചു വിട്ടാൽ അന്യയായ് തറവാടിന്  
കെട്ടോൻ മരിച്ചാൽ ഒരു ദുഷ്കൃതമായ്  
കെട്ടിയൊരുങ്ങിയാലോ  
കെട്ട പെണ്ണായി തോന്നീടും അന്യർക്ക്

കണ്ണില്ലാ കാതില്ല സർവം സഹയായാൽ  
കെടാ വിളക്കാണെന്ന് വാഴ്ത്തുമേവരും  
കണ്ണുകൾ കെട്ടി പാതിവ്രത്യം കാത്തതിൻ  
കർമ്മ ഫലമല്ലോ കുറുകേഷത്ര യുദ്ധം

കാമുകനൊപ്പം കുറങ്ങിയ നിൻ മാനം കളഞ്ഞു  
കൊല ചെയ്തപ്പോൾ നടുങ്ങി പോയ് നാടാകെ  
കൊളത്തിയ തിരിയുമായ് ചെയ്തൊരു  
കദന കഥയായ് ഈ കാലഘട്ടത്തിലും



കന്യകേ നിന്നുടെ സ്വപ്ന ഭംഗത്തിനും  
കുരുതിക്കും കാരണമായ കാമ ഭ്രാന്തരൊട്ടും  
കുറവില്ലായെങ്കിൽ തന്നെയും നാരി തൻ  
കുറുക്കുകൾ ഓരോന്നാഴിച്ചിടാം നമുക്കവരെ  
കർമ്മ രംഗത്തേയ്ക്കാനയിക്കാം

കനകത്തിൽ മയങ്ങാതെ കാട്ടാളരെ ഭയക്കാതെ  
കരുത്തൊട്ടും ചോർന്നിടാതെ  
കഴിവുകളോരോന്നും വിനിയോഗിക്ക  
കണവനൊപ്പതിനൊപ്പം തന്നേ  
കരഗതമാവട്ടേ നിനക്കു സ്ഥാന മാനങ്ങൾ

Gayathri GC (BA Economics 1991-94 and PDC 1989-91)

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## കൂതിർന്നു പോയ ചിരികൾ

സ്വപ്നത്തിൽ വന്ന മാലാഖമാരെ കണ്ടിട്ടാണ്  
കുഞ്ഞ് തൊട്ടിലിൽ ചിരിച്ചു കൊണ്ട് ഉറങ്ങിയത്.  
പിന്നെപ്പോഴാണ് അവർ വരാതായത്?  
തങ്ങൾക്കായി കുരുതിവെച്ചിരുന്ന പാൽ,  
ഇരുൾപ്പൂച്ച കട്ടുകുടിച്ചു വറ്റിക്കുന്നതു  
അവർ കണ്ടിട്ടുണ്ടാവണം;  
വാതിൽ തുറന്നു തന്നെ കിടക്കുകയായിരുന്നല്ലോ.

കളിയാക്കിയും പൊട്ടിച്ചിരിച്ചും, കുപ്പിവളകളുടെ താളത്തിൽ

കാലടികൾ വച്ചുനീങ്ങിയ കൗമാരക്കാർ

അടക്കം പറഞ്ഞു രസിക്കുമായിരുന്നു.

നീണ്ട മുടിയിഴകളിൽ നിന്ന് ഇറു വീണിരുന്ന വെള്ളത്തുള്ളികൾ  
എപ്പോഴാണ് അവരുടെ മിഴികളിലേയ്ക്ക് കൂലംകുത്തി ഒഴുകിയത്?

നിറമുള്ള കടലാസു തുണ്ടുകളിൽ, ഉറക്കമിളച്ചിരുന്ന്

എഴുതി നിറച്ച കളവുകൾ, ആകെ നന്നത്തു കുതിർന്നു പോയത്?

കല്യാണപ്പന്തലിൽ ഒളിഞ്ഞും തെളിഞ്ഞും പുത്ത ചിരിച്ചെണ്ടുകൾ  
എപ്പോഴാണ്, കണക്കുപുസ്തകത്തിന്റെ കീഴിൽ തെരിഞ്ഞമർന്ന് ,

തേങ്ങൽ പുറത്തേയ്ക്കു തെന്നി നീങ്ങിയത്!

ചിരിക്കുന്ന ചെറുപുവുകൾ, ഒച്ചവെച്ച് മുറ്റത്ത് ഓടിക്കളിച്ചിരുന്നല്ലോ;

വിരുന്നൂണിനു വന്ന ചിറകുകൾ, അവരെ കൂടെക്കൂട്ടി കൊണ്ടു പോകുവോളവും.

തുരുതുരാ വന്ന ദുരിത തിരമാലകൾ

മുറ്റത്തു കുഴിഞ്ഞു പതിഞ്ഞ കുഞ്ഞു കാല്പാടുകൾ മുഴുവനും

നക്കിയെടുത്തു പാഞ്ഞു പോയെങ്കിലും,

ഇനിയും വരും, അവർ, കള്ളി, കള്ളി, എന്നെഴുതി

കാലടി പതിപ്പിച്ചിട്ട് ഉറക്കെ ചിരിക്കുവാൻ,

വാശിയോടെ, എന്നെങ്കിലും.

ഉമ്മറപ്പടി മേൽ, ഒരു വിളക്ക്, ഉറങ്ങാതിരിപ്പൂണ്ട്;

ഒരു ചിരിയും വഴി ചോദിച്ചു അലയാതിരിക്കുവാൻ

റീറ്റ പോൾ

## **My Silent Prayer**

My loving God I pray to thee, free us from all enmity. May terrorism be cleared from my generation! My loving God I pray to thee, save us from all natural calamities. My old mind is full of fear to see the pain of my dear and near. My loving God I pray to thee, let people as well as nations live in harmony, so the earth can be a beautiful place to live in. My loving God I pray to thee, let everyone possess human values of courtesy, respect, devotion to duty and spiritual values. And often do I hear my friends say too much of “injustice”

These are my worries. I pray to shower on this world, love and peace and free us all from vanity. My loving God, I pray to thee to hear the silent prayer of the old “Elder Marian”.

Rosily George

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## **My Toronto City Visit with the Advent of Spring in 2022**

I had not seen my little granddaughter Rhea since her birth on 27/12/ 2019 because of the breakout of the COVID-19 pandemic throughout the world from March 2020. This debilitating pandemic had destroyed the transportation systems by land, water and air. No one could travel to visit their friends, relatives and even neighbours due to this pandemic which heralded the angel of death to innumerable sufferers of this terrible corona virus scourge. We were all advised to stay in our homes without venturing into the hideous surroundings as the virus attacked victims regardless of age, caste or creed merrily swallowing them in the throes of death. Schools, shops and workplaces stopped functioning

for many months, then started operating on online to ensure that too much loss of education and economy in all nations did not occur. The darkness of despair converged all over the world. Scientists and researchers all over the world started working frantically to ensure vaccines for administration to human beings to resist the virus. The year 2020 was a year of desperation and destruction for the human beings in every part of the world. Hence my husband and I could not travel to see my son's newborn daughter in Toronto. Luckily for him and his wife, they had her parents and relatives, settled there, to communicate their difficulties as first time parents to, although they could not visit them.

It was early in 2021 that the first vaccine dose came out for administration. Each country had vaccines manufactured by her scientists with particular names. Our Indian brands were Covishield and Covaxin. Pfizer, Moderna, Sputnik etc were the brands of vaccines available in Europe, North America etc. The Middle East regions like Dubai, Abu Dhabi etc had choice of any of the above vaccines. We hurriedly opted for the Covishield vaccine as it was supposed to be the most effective in India- manufactured vaccines. By the end of 2021, we had taken the two doses and a precaution dose. As a further precaution, we also took an influenza and pneumonia vaccine to ensure resistance to the after effects of an attack of the Corona virus. By then, I was ready to visit Toronto to see my granddaughter. But my husband was not.

Finally I decided to travel alone in April 2022. Luckily I had the company of my daughter-in-law's parents so I needed not travel alone. It was on 22/4/2022 that I arrived in Toronto to have my first glimpse of my two year old granddaughter. It was still quite cold although spring had made her advent after the brutal winter season there. When I reached Toronto at about 10pm it was quite cold with all the trees we passed on the way to Vivek's home, being bare and bereft of leaves and flowers. For two days I slept day and night to overcome the rigours of my strenuous two day travel. I had a bout of vomiting too, a carryover from the food served on the airplane. But by the third day, I had recovered and was ready to face the uncertain weather of Toronto with sharp cold mornings and nights. Vivek had fitted a dehumidifier and a heater in my room to enable me to bear the cold and harsh humidity of the weather in Toronto.

From the third day, after breakfast, I used to take a forty- five minute walk through the nearby park named Fred Hamilton park and along the foot paths surrounding the park. I wore Vivek's spare jacket over my sweater along with my mask and carried an umbrella as the weather was quite unpredictable. There used to be a cold wind blowing which tended to make one shiver without proper clothing. Along each road, there were houses numbered precisely and of the same size and shape placed adjacent to one another. All the houses on either side looked alike. There were no fences or gates built in the front of houses as we do in India to prevent passersby and strangers from entering our compound. There were only footpaths directly accessible from the houses by steps along which people walked on. But the passersby walked sedately without peeping into any of the houses. I enjoyed the walks very much as one could walk without interference from other passersby. In India people always are curious to know facts about the strangers they passed by. As a matter of fact, I too am curious. It must be the upbringing we had in the towns and villages of India where everyone is his neighbour's keeper.

We visited the Niagara Falls one Friday afternoon with Mahima's mother, who we picked up at her home in Mississauga just twenty -five minutes away from Vivek's house. I had seen the Falls on the American side in 2017. Now I was glimpsing it from the Canadian side. We first went to the Oaks Hotel where we were staying for that night. From our room in the hotel, we could see the great Falls In all its beauty and glory. After a little rest, we went down to the park and footpath close to the Falls. Rhea, as usual, was restless and running about, refusing to be pushed in her stroller. Finally she wanted to be carried only by her Nani, Mahima's mother. Despite her mischief, we managed to see the Falls moving along majestically along one height to the next. Since it was drizzling with a light rain, a beautiful rainbow emerged from one side to the other in the warm sunlight. It was gorgeous and remained in pristine shape for the time we were there to watch. The whole space was filled with agog spectators. We also saw boats carrying passengers along the river to glimpse the two waterfalls on the Canadian side mainly the Horse shoe and the Bridal Veiled Falls. The American Falls was not so visible. The Cave of the Winds was quite visible with white seagulls flying about all over in and above it. I remembered my previous visit to the Niagara Falls on the American side in 2017. Then we had sailed on the boat Maid of the Mist along the fast flowing river to see the three majestic falls, getting sprayed

intermittently by the water splurges of the river. Now we were just watching these boats of people moving through the water in the opposite direction to watch the fascinating falls. All in all, it was a breathtaking sight, watching the dazzling rainbow spread over the rapids of the fast flowing Ontario Lake. After an hour we were in the memento shop where I got a nice cap for Sasikumar and a little handbag for myself. Rhea got a little stuffed monkey as her toy. After that we had an enjoyable dinner at the Marriott hotel restaurant before going to our rooms at Oaks Hotel. Mahima went off for a bank conference in a nearby hotel while the rest of us watched the dazzling night light display over the Ontario lake from our windows until bed time came to lull us into slumber. The next morning we were back in Toronto after breakfast in the hotel. Mahima's mother was dropped at her home while we returned to Vivek's house.

Some days later I visited the magnificent Ontario Museum which I had seen before in 2017. Each floor with the sight of the Jurassic World on the Ground Floor, the different human civilisations ranging from the Chinese, Indian, Egyptian, Greek and Roman were beautifully arranged as we clambered up the steps to the different floors. The Canadian Red Indian natives and their simple lifestyle in the olden times were exotically arranged with their teepee homes, their canoe boats, their woollen and linen clothing on one floor. I took some pictures of these people who had finally been decimated by the advent of the European explorers and settlers, into small reservations here and there in Canada. Stuffed animals typical of Canada origin like the moose, skunk, ostriches, etc were displayed quite realistically within glass compartments. By this time I was quite tired so I ventured into the basement canteen to have lunch on noodles and tea. When I got back to the exit of the museum, I called Vivek to fetch me home after my rigorous trip to the museum. It had been an enjoyable visit for me.

We had also visited the Children's Environmental Centre the first week, where children of all ages were brought by their parents to observe the scientific happenings all over the world encapsulating biology, chemistry and physics In a simple manner. Rhea was most fascinated by the water world and soil world. She really enjoyed getting wet and messy. It always took her parents some time to clean up the mess and dirt when she got herself messed up as she played happily with the water and soil. She also enjoyed playing with the bones of a skeleton and also the tunes created by sound in a trombone model and keyboard



model. Finally, we availed a car model for her to drive along a oblong shaped pathway which she refused to surrender to other small children till Vivek forcibly grabbed her out of it. There were big wails and tantrums emanating from her as we took her out. But, soon, she had fallen asleep in her car seat as we drove home.

The Toronto Zoo was a marvellous vast location with wild animals of every kind. I think it is larger than any of the zoos I have seen. It was divided into five regions consisting of North American, African, Tundra, South American and Asian animals. In the Tundra portion we saw the Vast Polar bears and white wolves which are not to be seen in our Indian zoos. Of course we also saw giraffes, zebras and wild buffalo herds in the American part. The Asian part showed us the one-horned rhinoceros and the exotic Asian Tiger family. The animals seemed more well- maintained as they had larger spaces to roam about in the Toronto zoo. A large greenhouse exhibited all types of plants, cacti and other exotic species of plants. By the time we reached the refreshment canteen in the afternoon, everyone of us was exhausted with our exertions and Rhea's tantrums. She always wanted to walk despite having a stroller to rest in as we moved on within the zoo. It's all the terrible twos of little toddlers coming out. So it was with my little granddaughter. But after partaking of some food for lunch, all of us were relaxed and ready to go home for a nice nap for Rhea and me that afternoon.

In between these visits, we went to Mahima's family home at Mississauga most weekends where her mother lavished us with the warmth of hospitality. We enjoyed great vegetarian food there. Rhea also enjoyed swimming in the small swimming pool along with her father, Mahima's mother and so many cousins. I am terrified of swimming so I only watched this frolic in the swimming pool enviously.

After lunch one weekend, we went to the Toronto Ripley aquarium to see the exotic fish of the Canadian seas and lakes. There were jellyfish of exotic colours, sharks of different species and so many fish I could not identify. Rhea and her cousins enjoyed their visit as they hugged the tanks containing the different species of fish and posed for snaps .Children really know how to enjoy themselves in all types of surroundings. That is one realisation that I received on my visit there. Of course, the neighbouring building to the aquarium is the CN tower, the top from which we can see the whole of Toronto city. I had visited it and

the aquarium with my husband in 2017 and seen the tower in more detail. It was nice seeing the CN tower and the Ripley Fish aquarium once again. The Roger's Telecommunications building is also built within that area.

Rhea gave us a fright when she suddenly had a febrile seizure due to a sudden high fever one Thursday afternoon. There was a telephone call from her daycare teacher that she seemed lethargic and had a slightly high temperature. Mahima was then away in London for a bank conference. Vivek brought her home in his car. Then she seemed to fall into a fit with her eyes rolling, and her mouth opening. We quickly took her to the children's general hospital in an ambulance. The seizure only lasted for less than two minutes but it was a most frightening moment for Vivek and me. I had never had such an experience with my own children and was quite helpless. By the time that we arrived at the hospital, she had recovered from her seizure. She was kept there for six hours observation and released with no medicine being prescribed for her as during that interval, she had no symptoms of infection. By then she was alert and lively without any fever. The nurse told us to remove the child's clothing in such cases of high fever and sponge the child down with a wet cloth. But when we returned home, there was fever recurrence once again. Poor little Rhea was down with viral fever for four days- a worrying time for us all. She was dosed with fever and pain medicine every three hours as advised by Mahima's brother- in- law, a doctor. That experience awakened me to the fact that our Indian medical treatment procedures are quite superior to those in Canada. There is always the comforting idea of private hospitals beside the government hospitals to cater to the quick treatment of the sick people. Canada had only government general hospitals with a lot of red tape to attend to sick people. There are no private hospitals which is disadvantageous, when fast treatment is the need of the hour. My illusions of free treatment for all citizens, regardless of their financial status, received a severe blow. I now feel a small percentage of private treatment of sick people should be allowed too in all nations of the world.

By the time I returned to India at the beginning of June, I had the thrill of seeing the bare trees and plants shooting up with leaves and buds as spring progressed. The weather became less cold so we could go out without too much heavy warm clothing. Green grass cropped out in the parks and the paths of the roads along with sweet little yellow dandelion flowers interspersed within the grass. I was fascinated by the weather change. The trees

and plants were filled with leaves and beautiful flowers like tulips of exotic colours in the gardens of the houses that I passed by on my daily walks. Also rose buds appeared on the rose bushes which finally became beautiful roses. I could not glimpse this surreal culmination as by then, I was home in Kerala. I could only see the beautiful red roses in my son's front garden from his photographs on WhatsApp. Here in Kerala, we are facing the heavy downpour of the rains and the resulting damp and cold. I think that my experience with the advent of spring in Toronto was truly a unique one. Three months of spring, three months of summer, three months of autumn and finally three months of winter marked the inexorable seasons change in Canada. In Kerala however, six months of heavy rain and six months of hot summer mark the change of our seasons.

Prof Ramakrishnan Shemeela (Shemeela Sasikumar PDC 1<sup>st</sup> group 1972-1974)

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### **Cover Page Design Competition Winners**

Congratulations to the Reverie cover page Designer Devika K, I BSc Biotechnology





Cover Page Design Competition  
II Prize – Sreelakshmi Santhosh, I  
BSc Biotechnology

Cover Page Design Competition  
III Prize – Arshida, I MVoc  
Biotechnology



**യു .... ട്രൈ**

മൂന്നാം പിറന്നാളിന്റെ മെഴുതിരി മൂന്നുമുതി  
മധുരം തന്നെന്റെ പേരക്കുഞ്ഞു  
വലിയൊരാളായിട്ടെന്നോട് ചോദിക്കുന്നു  
അമ്മുമ്മേ കാൻ യു കൌണ്ട് ഫ്രം ഹൺഡ്രഡ് ടു വൺ ....  
പുഞ്ചിരിച്ചിട്ടില്ലെന്നു തലയാട്ടി ഞാനും !!

യു ട്രൈ ഐ ഹെൽപ്

ശരി...

നയൻ്ററി..... പിന്നെ?

ഓർമ്മയിൽ നിന്നുർന്നു പോയാരാ ഹെല്ല  
തപ്പിക്കിട്ടാതെൻ്റെ കൂട്ടൻ ..... കരച്ചിലായി.

പിന്നെ മന്ദം മാറോടു ചേർത്തവനെ

താരാട്ടിയുറക്കവേ

ഉൾന്നു പോകാതൊരു കണ്ണീർതുളളി

മിനുങ്ങുന്നവൻ്റെ കൺ തടത്തിൽ

ഉറിയൊരോർമ്മത്തുളളിയെന്നിലും

കുറ്റിപെൻസിലിൽ നിന്നും

മഷിപ്പെന്നിലേക്കെഴുത്ത്

പരിണമിച്ച കാലം

പെന്നായ പെന്നുകൾകൊക്കെയന്നു

ലീക്കാണ് പെറ്റം ലീക്ക്

ഉതിർന്നു വീണു മഷി

വിശേഷപ്പെട്ട കോമ്പോസിഷൻ പുസ്തകത്തിൽ

ചെവി തിരിച്ചു തലയാട്ടിപ്പറിച്ചു സുമതി ടീച്ചർ.

കട്ടകൂത്തിയ മഷിയിൽ

ഉത്തരക്കടലാസിലക്ഷരം മാഞ്ഞു...

ഗ്രൂപ്പൻ മാഷ് മാർക്കും കുറച്ചു.

ഉടുപ്പിൽപ്പതിഞ്ഞ മഷിപ്പാടുകൾ എണ്ണി

'അമ്മ -ശകാരങ്ങൾ വേറെ.

മഹാത്മ്യം ! പ്രസംഗ മത്സരത്തിലൊന്നാം സമ്മാനമായ്

കിട്ടിയൊരു മഷി ചോരാത്ത ഹീറോ പെൻ.

അംബികക്കൈഴുതാൻ കൊടുക്കും വല്ലപ്പോഴും ചന്ദ്രികക്കും.

ലീലക്ക് കൊടുക്കില്ല ചോദിച്ചാലും

ക്ലാസ്സിലൊന്നാമനെപ്പോഴും രാജൻ.

പെന്ന് നോക്കാനെങ്കിലുമവനൊന്ന്

ചോദിച്ചെങ്കിലെന്നാശിച്ചിരുന്നു!

ചോദിച്ചില്ലവൻ.

ഏറെ നാളായില്ലൊരുച്ചയ്ക്കു കിണറ്റിൻകരയിൽ

ചോറ്റു പാത്രം കഴുകി ചിരിച്ചു മറിഞ്ഞെത്തവേ

പെന്ന് പോയിരിക്കുന്നു.

തിരഞ്ഞു കരഞ്ഞു

ലീല മാത്രം ചിരിച്ചു

ചിരിച്ചും കരഞ്ഞും പെന്ന്മായി കാലം

നിസ്സഹായയായാരെന്നെ നോക്കി

ഞാൻ നോക്കി നിൽക്കവേ പിന്നിലേക്കോടിപ്പോയി;

ഒരു നാളും; പിന്നെ പെന്നായ പെന്നിലൊന്നിനും

വന്നില്ലാത്തരമേൽ ഭംഗി.

വ്യാഴവട്ടം പിന്നഞ്ചും പൂർത്തിയായൊരു നാൾ

സിംഗപ്പൂരിൽ രാത്രിത്തെരുവിൽ മലയാളി ഡാബയിൽ

നാട്ടു ഭക്ഷണത്തിനായ് കാത്തിരിക്കവേ

അരികിൽ തിരിച്ചറിഞ്ഞെത്തി കൈ പിടിക്കുന്നു മുതലാളി

കണ്ടതായിട്ടൊട്ടും തോന്നിയില്ലോർമയിൽ.

പ്രഭാകരൻ നായർ.... എന്നയാൾ....

അപ്പോളും വെളിവിലയാൾ തെളിഞ്ഞതേയില്ല

ഉതിർന്നു ഒരു വാക്ക് ഹീറോ പെൻ ...

ങ്ഹെ ...? അതെ! അത്?



കൊടുത്തു രാജൻ !  
ഋതുകളത്ര കറങ്ങിത്തിരിഞ്ഞു !  
ഇപ്പോഴുമുണ്ടതവൻ്റെ സ്വകാര്യ സ്വത്തിൽ.  
ഇപ്പോഴെവിടെയുണ്ടയാൾ ?  
സുപ്രീം കോർട്ട് വക്കീലായ് ദില്ലിയിൽ.  
അരികിൽ നിന്ന കണവനെ നോക്കി  
അന്ന് ഞാനും ചിരിച്ചു  
ഒരു മിനുങ്ങുന്ന കണ്ണീർതുള്ളിചിരി

മേരിക്കുണ്ട്

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**Congratulations for your Achievements**

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**Dr. Meenu Jacob**  
BA History and MA -2002-2007  
Secured PhD ( MG University)



**Dr. Sobiya Raphael**  
BA History and MA History 2000 - 2005  
Secured PhD ( Calicut University)



## Elder Marian Association Activity report during 2022

Annual Eldermarian meeting was conducted virtually through google meet and was live telecasted through youtube on 26.01.2022 at 10.00 am (Google Meet link: <https://meet.google.com/hnb-vtdr-krv>, Youtube Link for meet : [https://youtu.be/\\_xWRIf0ir8](https://youtu.be/_xWRIf0ir8)) and Department alumnae meetings were conducted by various Departments on various days. Alumnae of Biotechnology department contributed an amount of 10000/- for scholarship, Alumnae of Department of Economics contributed a sum of Rs 50000/- for supporting a deserving former student and alumni of Department of Computer sciences contributed an amount of 60,000 for buying laptops.

### Talk on Life skills

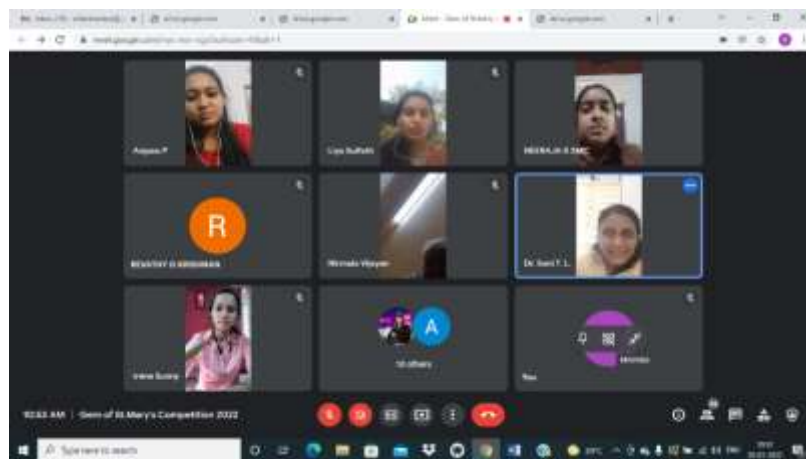
Elder Marian Association organized a talk on Life skills by Shaukath, receiver of Kerala Sahithya Academy Award (2007) in association with Dept. of Botany on 11/1/2022. The session was attended by 84 students (first and second year degree students of Botany Department). Students were given awareness on healthy relationship practices between parents, friends and others. The session was highly interactive and students actively discussed various problems they were facing as a youth generation.



### GEM of St. Mary's Competition 2021-22

GEM of St. Mary's Competition was organized by the Elder Marian Association. Off stage certificate verification and Personal interview were done on 17.01.2022 among the passing out students of UG and PG batches of our college and the 9 selected contestants were

screened through the on stage round conducted via Google meet on 20.01.2022. The competition was judged by Dr. Betsy Paul C (Associate Professor and HOD, Postgraduate Department of English, St. Aloysius College, Thrissur), Dr. Soni TL (Assistant Professor, Research Department of Economics, Sri C. Achutha Menon Govt College Thrissur) and Dr. Bindu Ann Philip (Assistant Professor and HOD, Department of English, St.Mary's College, Thrissur). GEM of St. Mary's title was won by Aparna CJ, III DC English, First Runner up was Anupama George, III DC Chemistry and Second Runner up was Neeraja K, III DC Microbiology.



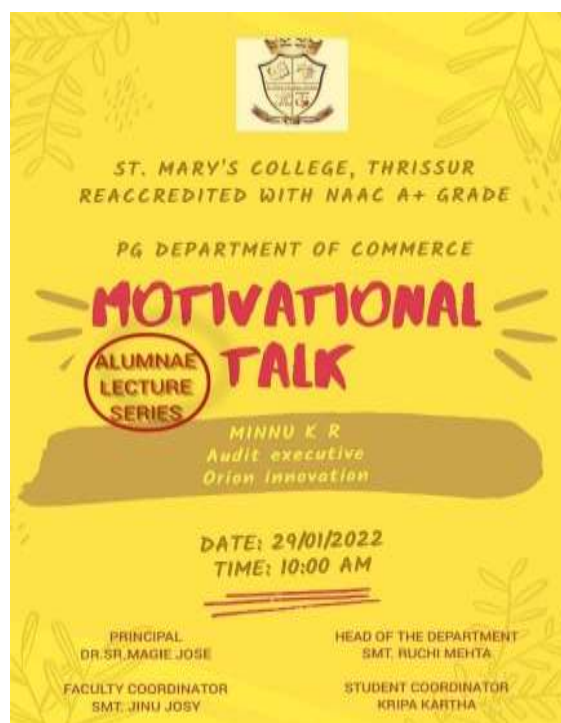
### **Session on Women Rights and Laws**

Women need to be empowered, for that they should be made aware of their rights and Duties. A session on Women Rights and Laws was arranged for I and II BA Economics students on 28-1-2022 through Google Meet. The session was handled by Ms Sreelaja Satheesan, BA LLB (Alumnae BA Economics 2015-18). She discussed on the domestic violence, sexual abuse, POCSO, Juvenile Justice etc. and the formalities to be followed in case of above issues. She also guided the students to be bold enough to report any instance of harassment on time (<https://drive.google.com/file/d/1NVzgoF53H8U9aKoyrsDwoPEs0KYzh80A/view>)



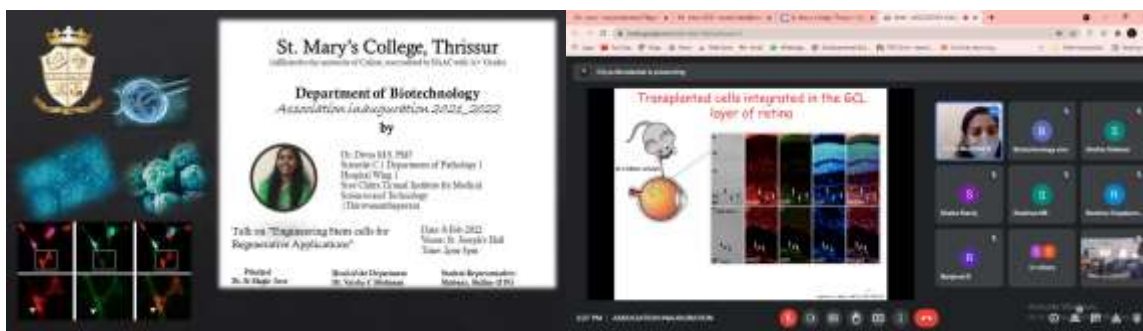
**Alumnae Motivational Talk by Miss. Minnu K.R, Audit Executive, Orion Innovation**

PG Department of Commerce, St.Mary's College Thrissur organized an Alumnae Motivational talk on 29<sup>th</sup> January 2022 at 10 am through Google meet. The Session was handled by Miss. Minnu K.R, Audit Executive, Orion Innovation. She has discussed about various employment opportunities and threats existing in today's competitive world. She also made the students aware about various soft skills required to attend an interview. The students from both M.Com and B.Com were participated the in programme.



## Biotechnology Association Inauguration 2022

Department of Biotechnology inaugurated the association activities for the academic year 2021-22 on 8<sup>th</sup> February 2022. Dr. Divya M S (2001-2004 BSc Batch alumnae), Scientist C, Department of Pathology, Hospital Wing, Sree Chithira Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, inaugurated the association activities and delivered a talk on 'Engineering Stem Cells for Regenerative Applications'. The talk was a very informative and inspiring. Madam also talked about her research experience and study scope of stem cell biology outside India.



## Alumnae Motivational Talk by Ms. Sruthi Sreenivasan

PG Department of Commerce, St.Mary's College Thrissur organized an Alumnae Motivational talk on 10<sup>th</sup> February 2022 at 11 am through Google meet. The Session was handled by Ms. Sruthi Sreenivasan for final year M.Com students.

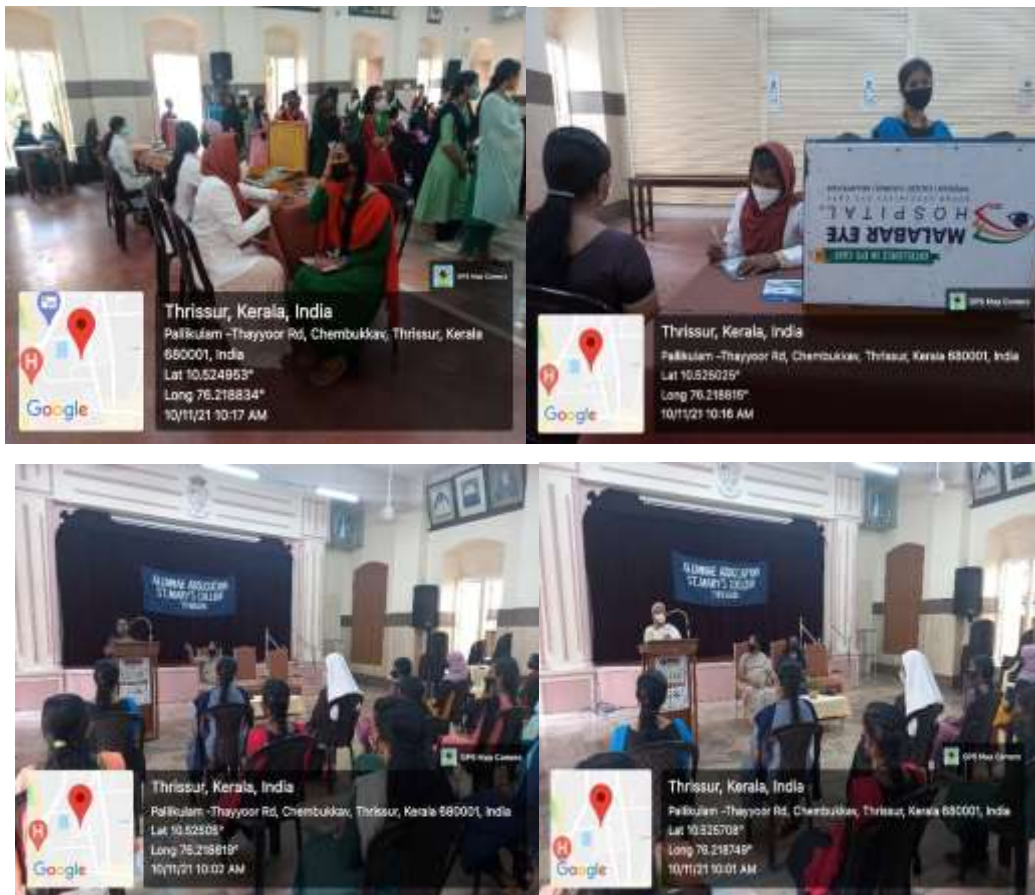




## Free eye camp for students

Considering the long periods of screen time that students are spending due to the covid pandemic and online class mode of education that may adversely affect eye health, Elder Marian Association decided to provide free eye camp for our students.

Elder Marian Association organised a free eye camp for III DC Students of St.Mary's College on 02.03.2022 in collaboration with Malabar Eye Hospital, Thrissur. More than 440 students underwent eye check up and 80 were found to have issues related to eye vision and were directed for further detailed consultation at Malabar Eye Hospital. The camp includes free consultation and treatment if needed.



### **Alumnae inspirational talk by Ms. Aiswaria Anand**

Department of Management studies organized an inspirational talk by former student Aiswaria Anand, student of DCSMAT on 11/03/2022 at 1.30 pm at Chavara Hall. first and third DC Students participated.



### **Alumnae inspirational talk by Ms. Begum Rehna Sultana**

Department of Management studies organized an inspirational talk by former student Begum Rehna Sultana (Vice president of Junior Champer International, an entrepreneur, having a boutique ‘Young Style’, Winner of ‘To Go Glorious 2021-Times of India, Best stylish title winner) on 14/03/2022 at 1.30 pm-2.30pm at Jubilee hall.



### **Alumni talks series by Department of Psychology**

Ms. Aswathy T. L., Junior Psychologist, Compass Clinic, Thrissur led Alumni Talk Series on 15 March 2022. The session began at 8.45 AM on the topic ‘Mental Status Examination’. Ms. Aswathy was a student of 2019 - 2021 M.Sc Psychology batch. The students had a great opportunity to take part in the talk and clarify their doubts before they start to deal with their internships. Students were able to gain a clear idea regarding attending a case, through live- demonstration, which focused on the concerns, chief complaints, currently facing problems and its effect in client’s life.



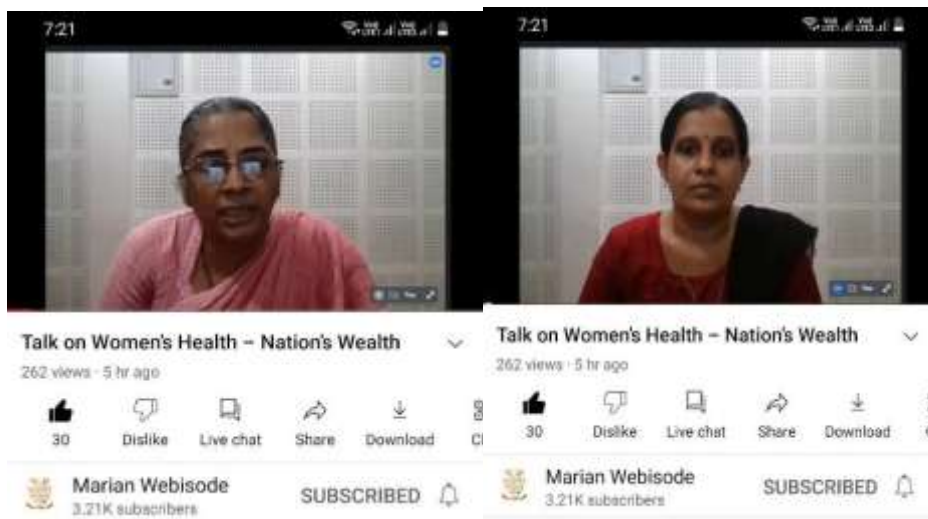
### **Alumni talk series by Department of Psychology**

An Alumni talk series was organised by the Department of Psychology, St Mary’s College, Thrissur on the topic “Higher Studies in Specialised Areas of Psychology” on 27 October 2022. The session was led by Ms. Lakshmi C. K., M.Phil student at National Forensic Sciences University, Gujarat. The talk was attended by both 1<sup>st</sup> and 2<sup>nd</sup> PG Psychology students. She shared among the students the various areas to be focussed while preparing for the entrance examination. She discussed in detail about the NFSU campus, faculties and various opportunities provided for the students like placements, interaction with higher officials. The session was very insightful for the students and from her personal experience, she concluded that if an individual is very passionate, hardworking and determined they can achieve anything despite their earlier academic performance.



### Talk on Women’s Health – Nation’s Wealth

Elder Marian Association, St.Mary's College, Thrissur organised a Talk on Women’s Health – Nation’s Wealth on 19.03.2022 from 2.00 pm – 3.30 pm by Dr. Roni Ignatius. This was arranged for first UG students and was streamed online via our official Youtube channel. Youtube link <https://youtu.be/RdVf2AqFXPg>





## Talk on Placement Opportunities

Department of Vocational Studies Software Development conducted an Alumina Motivational Talk on “Placement Opportunities”. The session was handled by Ms. Varsha TR (HR Associate in Tata Consultancy Services, Kochi.) on 4<sup>th</sup> July 2022. Fifth Semester students were the participants.



## Biotechnology Alumnae interaction with students

2001-2004 BSc Batch alumnae visited college on 16.07.2022, interacted with PG students shared their experiences with students.



## Eye Camp at High Security Prison, Viyyur

Elder Marian Association organized a free eye camp for the inmates of High Security Prison, Central Prison & Correctional Home, Viyyur on 06.07.2022 in collaboration with

Malabar Eye Hospital, Thrissur. More than 40 underwent eye check up and 24 were found to have issues related to eye vision. Elder Marian Association also contributed an Aquarium to the Prison. A camp was also conducted during 20.07.2022 for the remaining inmates and 27 inmates underwent check up on that day. The camp included free consultation and financial support will be given to buy specs to those who need it.



### Alumnae Lecture Series - Introduction to Scholarly Writing

The Department of English conducted an Alumnae Lecture titled ‘Introduction to Scholarly Writing’ by Madhurima Nair on 15th July 2022 at 10 a.m. Madhurima shared her college experiences and challenges of being a responsible Literature student. The whole session was interactive with students raising their concerns about projects, research works, it’s material scope of the subject and further process for Post-Graduation. She cleared all of their queries.



## Talk on Effective Parenting

Elder Marian Association organized an Invited talk on ‘Effective Parenting’ by Dr. Sailaja Ramkumar, Psychiatrist, Atreya hospital and Westfort Hitech Hospital, Thrissur on 23.07.2022 at 10.00 am at Chavara Hall for III DC parents.



**St. Mary's College, Thrissur-680020**  
**Elder Marian Association**

**Talk on Effective parenting**  
For III DC Parents

Date : 23.07.2022 Time : 10 – 11 am  
Venue : Chavara Seminar Hall

All are cordially Invited

**Dr. Sailaja Ramkumar MBBS, DPM**  
Atreya Hospital, Westfort Hitech Hospital, Thrissur

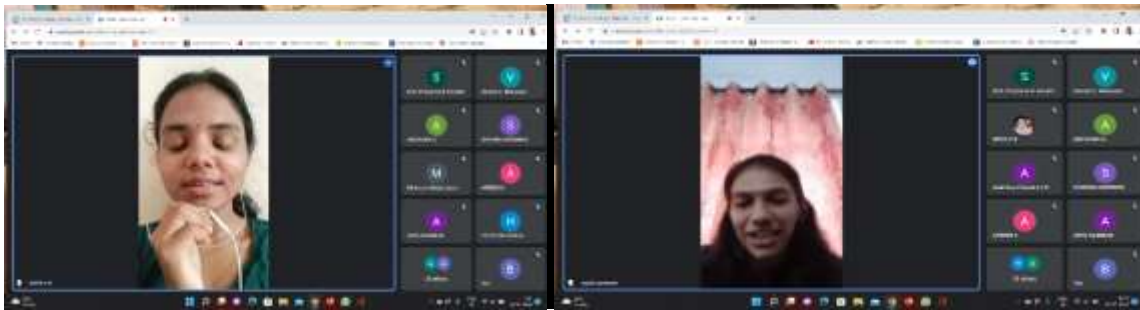


## Interactive session on “Access to Learning Opportunities all over universities in Kerala”.

This Alumnae Talk series on 23.07.2022 discussed various courses, admission procedures, entrance examination, syllabus, lab facilities, etc. II and II year Degree students attended



the session. The alumni were Anjali P (2016-2019 Batch), Sriya V B (2018-2021 Batch) and Vinnie V G (2018-2021 Batch).



### **Eye Camp for II DC Students at college**

Elder Marian Association organized a free eye camp for II DC Students of St.Mary’s College on 10.08.2022 in collaboration with Malabar Eye Hospital, Thrissur. More than 375 students underwent eye check up and 106 were found to have issues related to eye vision and were directed for further detailed consultation at Malabar Eye Hospital. The camp included free consultation and treatment if needed.

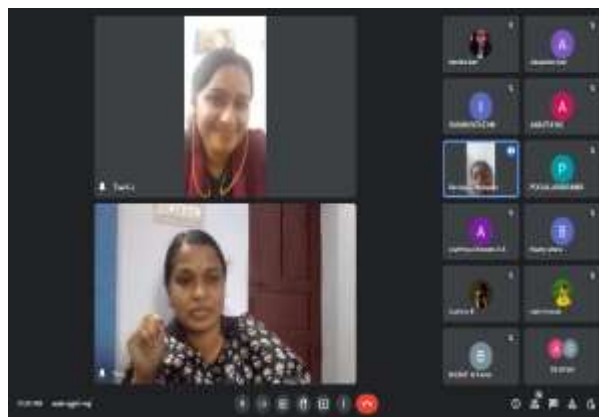


### **Talk on Biotechnologists and Industry**

Dr Tina K J (2007-2010 Batch), Central Food Safety Officer FSSAI Bangalore, talked on the topic “Biotechnologists and Industry” on 28 August 2022. She discussed the opportunities as a Biotechnologists in various fields, how to choose a career, specialization



for PG, and Job opportunities in the Private and Public sectors, a detailed note was shared on FSSAI, the working atmosphere and duties assigned, how to get into FSSAI, preparations and tips to clear the competitive exam. She also shared her experience at CUSAT as a student and faculty.



### **Participation in Marian Monsoon Fest**

Elder Marian Association actively participated in the Marian Monsoon Fest. A Healthy fresh juice stall and a stall for pickle/jam preparations of Jathikka were kept.



### **Alumnae Talks 2022-2023 by Department of Biotechnology**

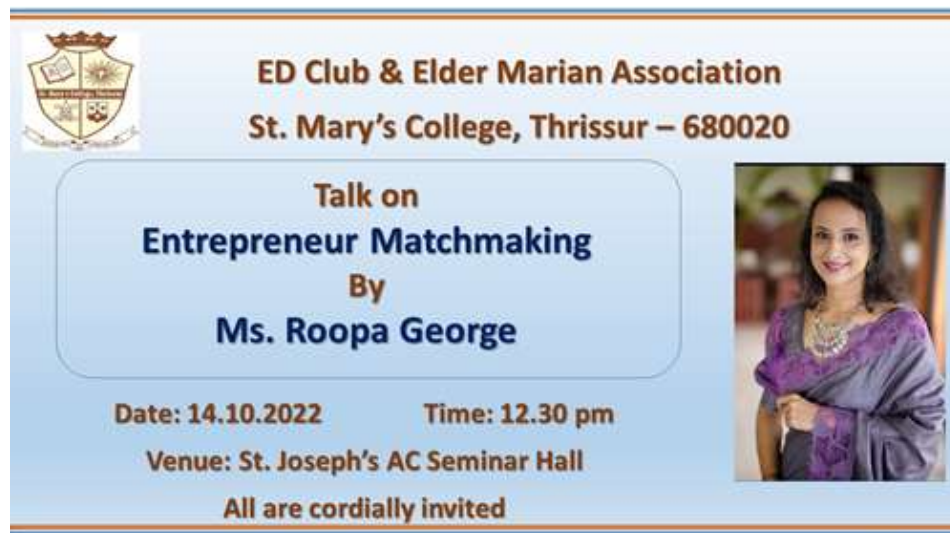
Session on You can : Competitive Exam guidance /Fellowships by Dr Reshma V G (2008 -2011 Batch) and Smt Merin Johnson (2011 -2013 batch), Assistant Professor ,Department of Applied Biotechnology, St.Marys College Thrissur on 22.09.2022. They discussed INSPIRE fellowship (notification, application procedures, tenure), CSIR NET,UGC

NET,ICAR (syllabus, Exam pattern,Coaching Institutes, Tips for exam). First and Second PG Students attended.



### **Talk on Entrepreneur Matchmaking on 14.10.22**

Elder Marian Association organized a talk on Entrepreneur Matchmaking by Ms. Roopa George (Alumni predegree 1996 batch) in collaboration with ED club, St.Mary's College for BBA, BCom and Economics students on 14.10.2022.



## **All Kerala Inter Collegiate Quiz Competition**

As part of the activities of the Mathematics Association, an All Kerala Inter Collegiate Quiz Competition was organised by the Department of Mathematics, St. Mary's College, Thrissur on 15<sup>th</sup> October, 2022. Dr Bobby P Mathew, Assistant Professor, St. Thomas College, Pala conducted the quiz. There were 12 teams from different colleges. First Prize (Cash Award Rs 2500/-) was won by Aravind R Gopal & Jovita Sara Biju, St. Peters College, Kolenchery, Second Prize of (Cash Award Rs 1500/-) was won by Asma Shafeeque & Fida Sherin, Little Flower College, Guruvayur and Third Prize of (Cash Award Rs 1000/-) was won by Anand Sai P & Joyal Joseph, St. Berchman's College, Changanacherry. The program was sponsored by the Alumnae of Department of Mathematics (BSc. 1996 and MSc. 1998 batch).



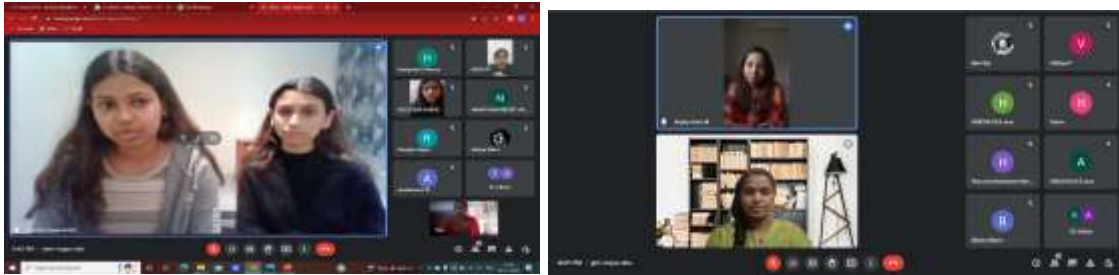
## **Alumane talks by Department of Biotechnology --Overseas Career Opportunities, Studying abroad benefits and processes and Entrepreneur “My Story”**

Smt Anjali Anto M (2007 PG Batch) now working as Quality control chemist Azelis N Z Ltd, Auckland New Zealand discussed with students in an online session, the overseas career opportunities on 24.10.2022 from 11:15 to 12:45 pm organised by Department of Biotechnology



Lakshmi jayaprakash and Haritha V P (2017-2020) Studying at University of Greenwich, London shared their experiences of studying abroad, benefits, selection process and International Scholarship . The talk was organised online by Department of Biotechnology on 5.11.2022 at 5:30 pm

Smt Naseera k (2006-2008 PG Batch), an Entrepreneur running a firm named “CELL TECH” established in 2017 at Karalmanna Palakkad District Kerala, discussed about the success story of CELL TECH and the hurdles she faced while setting her firm. She also Shared various schemes supported by the government for women entrepreneurs. This motivational online session was organised on 15.11.2022 from 7:00pm




## Visit to Old Age home, Ramavarmapuram, Thrissur

Elder Marians Association organized a one day visit to Govt. Old Age Home at Ramavarmapuram, Thrissur on 24.11.2022 along with a few students of II BSc Microbiology. The day was well spent with the old age home inmates with dance and music. Elder Marians Association contributed an amount of Rs. 10, 846.00 to the old age home towards their dress purchase.




## Inauguration of UAE chapter of Elder Marian Association

On 11.12.2022, the first international chapter of Elder Marian Association, the UAE chapter was inaugurated by Principal, Dr. Sr.Magie Jose during an online meeting conducted through google meet.



**Elder Marian Association**  
**St. Mary's College, Thrissur – 20**  
(Reaccredited by NAAC with A+)

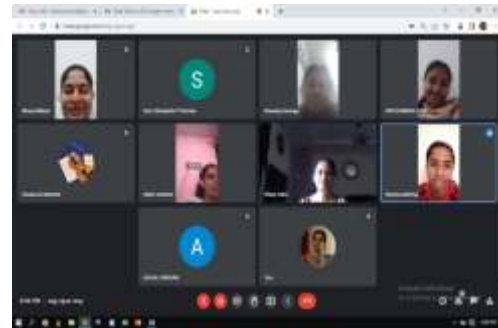


**Inauguration of UAE Chapter of Elder Marian Association**

Date : 11.12.2022  
Time: 04.00 pm IST (02.30 pm UAE time)

**We cordially invite all to the Inaugural function of our first International Alumni Chapter**

Platform – Google meet Meeting link - <https://meet.google.com/seg-rgoa-wqy>



## Luminary Marian Award Ceremony 2022

Luminary Marian Award is instituted by Elder Marian Association, St. Mary's College, Thrissur to a prominent Elder Marian for contributions in the field of Academics, Culture, Art, Literature, Social Welfare or Entrepreneurship. Toppers Day and Luminary Marian Award Ceremony 2022 was held on 17th December 2022. The Luminary Marian Award was presented to Mrs. Jolly Joy Alukkas, Director, Joyalukkas Foundation )Corporate



Social Responsibility (CSR) division of Joyalukkas Group) by Sri. K Rajan (Minister for Land Revenue, Survey and Land Records, Land Reforms, Housing, Government of Kerala.



**Alumnae talks 2022-2023- Which exam you should prepare for HOW and WHY???**

Ms Anna Mariya P R (2019 -2022 UG Batch) who qualified GATE B 2022 ,doing MSC Biotechnology in Pondicherry University and Ms K B Anjali (2019-2022 UG Batch) who

qualified JAM 2022 doing MSc Genomic Science in Central University of Kerala shared their exam preparation tips, how and which competitive exams to apply, etc through an online session organized by Department of Biotechnology on 17.12.2022 from 11:30 to 12:30 pm.



**ALUMNAE TALKS 2022-2023**

July	Access to Learning Opportunities
August	Biotechnology & Industry
September	New Cams! Competitive exam guidance/ Fellowships
October	Overseas - Career Opportunities
November	Studying abroad - Benefits and Processes
December	Which EXAM should you prepare for HOW & WHY?
January	Make the switch - Career change success stories
February	Scope of Biotechnology/ Specialization/ Internship/ Careers
March	Alumni Meet @ XMC (Online Meet)

**DEPARTMENT OF BIOTECHNOLOGY**

Dr. Se. Magie Jose, Principal  
 Dr. Varsha C Mohanan, HOD, Department of Biotechnology  
 Pusazha R. Kaveesh, Faculty Co-ordinator

**WHICH Exams should you prepare for HOW & WHY ???**

**Experience Sharing Session**

 <b>BSc Biotechnology (2019 - 2022 Batch)</b> Ms. Aruna Mariya P.R. GAT B 2022, (qualified) MSc. Biotechnology, Poodicherry University	 <b>BSc Biotechnology (2019 - 2022 Batch)</b> M.K.B. Anjali JAM 2022, (qualified) MSc Genomic Science, Central University of Kerala
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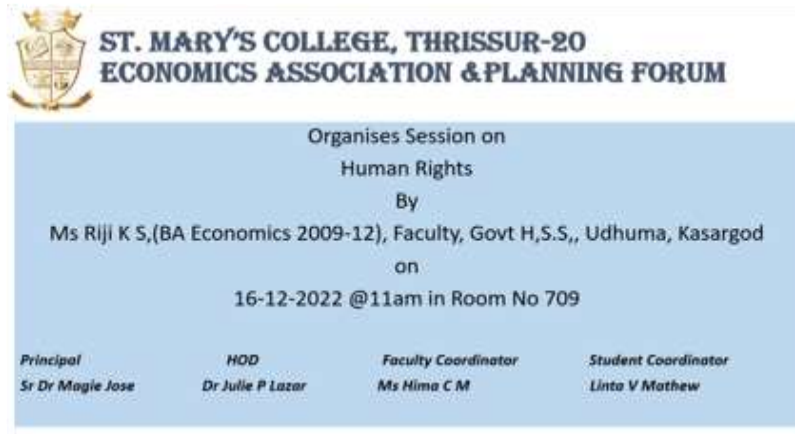
Saturday, 17 December 2022, 11:30am - 12:30pm  
<https://meet.google.com/qkb-krqj-kyx>

### Lecture on Human Rights

Economics Association organised a Lecture on Human Rights by Ms Riji K S, (BA Economics 2009-12) Faculty, GHSS, Uduma, Kasargod on 16-12-2022. The session was arranged for IV Sem BA Economics students. She dealt in detail the Issue of human rights



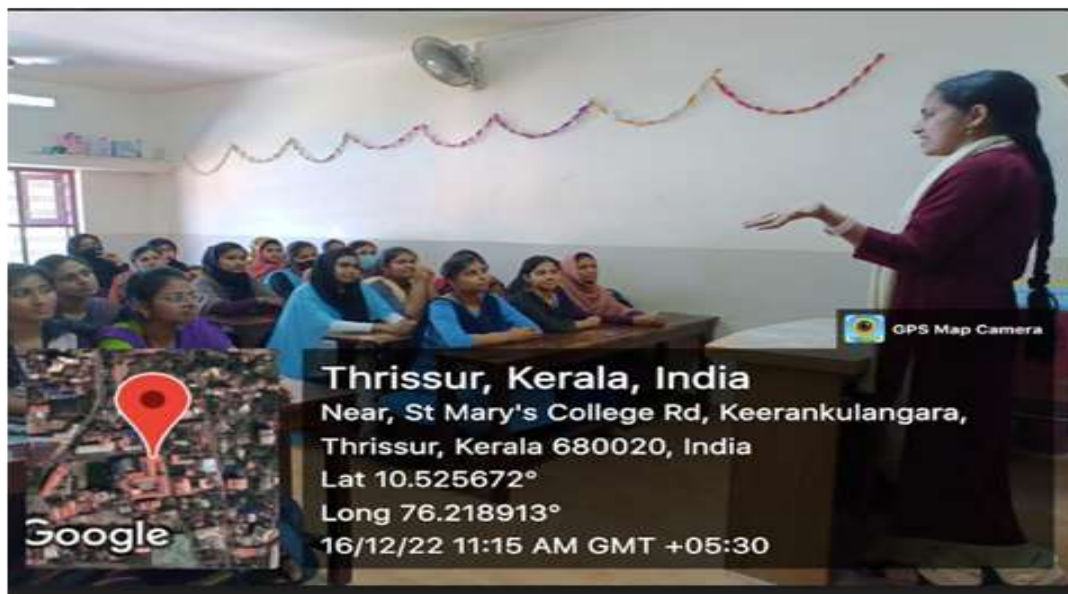
and how we can report the case of human rights violations. The session was followed by discussion.



**ST. MARY'S COLLEGE, THRISSUR-20**  
**ECONOMICS ASSOCIATION & PLANNING FORUM**

Organises Session on  
Human Rights  
By  
Ms Riji K S, (BA Economics 2009-12), Faculty, Govt H,S,S., Udhuma, Kasargod  
on  
16-12-2022 @11am in Room No 709

<i>Principal</i> Sr Dr Magie Jose	<i>HOD</i> Dr Julie P Lazar	<i>Faculty Coordinator</i> Ms Hima C M	<i>Student Coordinator</i> Linta V Mathew
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### **GEM of St. Mary's Competition 2022-23**

GEM of St. Mary's Competition was organized by the Elder Marian Association. Off stage certificate verification and Personal interview were done on 05.12.2022 among the passing out students of UG and PG batches of our college and the 9 selected contestants were screened through the on stage round conducted on 20.12.2022. The programme was arranged in Marian Auditorium and all II and III UG and I and II PG students were the audience. The competition was judged by Dr. Josephine Josephine, Ms. Krishna and Dr.

Joysy James. GEM of St. Mary's title was won by Rosemary KC, II PG Biology, First Runner up was Drishya P, II PG Chemistry and Second Runner up was Shikhila Sivadas, II PG Mathematics.



**Placements 2022-2023**



**Sruthy K**  
BBA 2018-2021  
Zelis HR India, Infopark Campus, Kakkanad



**Tibi Thomas**  
BBA 2017-2020  
HR Executive Gate Way Consultancy  
Services Dubai



**Hani Jose**  
BBA 2016-2019  
Administrative secretary (St. Marys  
catholic high school, Fujairah)- United  
Arab Emirates



**Angelina C R**  
BBA  
Kinder Hospital, Kalamashery, Guest  
relations Executive





Sreelakshmi P G  
MSc Biotechnology 2019-2021 Batch  
Research Assistant, Malabar Cancer Centre  
(MCC) Thalassery, P.O. Moozhikkara,  
Kannur



Veena Kaipully  
MSc Botany 2018-2020  
SecondaryTeacher in Biology, Maldives



Mubashira  
BSc Botany 2018-2021  
Medical Coder Resubmission Level-1,  
Dynamed Healthcare Solutions, Kochi



Anexa Thomas  
B.Voc Software Development 2019-2022  
Software Developer, ATees Infomedia  
Pvt.Ltd,Thrissur



Haripriya G  
B.Voc Software Development 2019-2022  
Software Developer, Star Innovations,  
Thrissur



Krishnapriya K  
B.Voc Software Development 2017-2020  
Junior Software Developer, PineTech IT  
Solutions, Koratty,Infopark



Minu K Varghese  
B.Voc Software Development 2017-2020  
Python Developer, Grapesgenix  
Pvt.Ltd,Thrissur



Shrine C Nixon  
B.Voc Software Development 2019-2022  
Software Developer, Star Innovations,  
Thrissur



Siji Raju  
B.Voc Software Development 2017 -2020  
Software Developer Infopark,Kakkanad



Ardra M M  
B.Voc Software Development 2019-2022  
Software Engineer, Solwox Technologies,  
Ernakulam



Anagha P  
B.Voc Software Development 2018-2021  
Software Developer Infopark,Ernakulam



Jeesmary P Joju  
B.Voc Multimedia 2019-2022  
Graphic Designer, Backpage Ad  
media,Thrissur



Krishnendhu  
B.Voc Multimedia 2019-2022  
Film Editor, Your Story, Wedding, Aluva



Athulya N R  
B.Voc Multimedia 2019-2022  
Lumiere wedding company



Gopika KG  
B.Voc Multimedia 2019-2022  
Excellence group of companies



Anupama George  
BSc.Chemistry 2019-2022  
Junior Health Inspector, PHC porathissery  
Irinjalakuda, Thrissur



Anagha Gireesan  
MSc Chemistry 2019-2021  
Content Presenter, Ezishya Virtual  
Learning App



Jinsy Sebastian  
MSc Chemistry 2019-2021  
Learning Content Developer Ezishya  
Virtual Learning App





Eva Rose Paul  
MSc Chemistry 2019-2021  
Learning Content Developer, Ezishya  
Virtual Learning App



Irin Mariya George  
MSc Chemistry 2019-2021  
Learning Content Developer, Ezishya  
Virtual Learning App



Syamily Sivadas  
MSc Chemistry 2019-2021  
Learning Content Developer Ezishya Virtual  
Learning App



Sona Jose  
MA Hisrory 2020-2022  
Teacher, St. Stephen international school,  
Bathinda, Punjab



Aparna Wilson  
M.Com 2020-2022  
CRO CSB, Wadakkancherry, Thrissur



Divya E R  
M.Com 2020-2022  
Senior Officer, ICICI Bank



Harsha P  
M.Com 2020-2022  
Senior Officer, ICICI Bank



Stephy T S  
M.Com 2020-2022  
Senior Officer, ICICI Bank



Irene P Sunny  
M.Com 2020-2022  
Executive ,Trezix Solution Pvt Ltd



Naveena Francis  
M.Com 2020-2022  
Junior Officer, HDB Financial Services



Rony rose Joseph  
M.Com 2020-2022  
Associate at Cloud Infrastructure team,  
USD Global, Trivandrum



Aswathy Krishna  
B.Com 2019-2022  
Retail Store Trainee, Reliance Retails,  
Thrissur





Nila U J

MSc Computer Science (2019-2021)  
Python/Odoo Developer Trainee, Cybrosys  
Technologies Pvt Ltd, Calicut



Janani S

MSc Computer Science (2019-2021)  
Analyst/A4,  
Capgemini Technology Services India  
Limited, Bangalore



Athulya Ashokan  
BCA (2018-2021)

Associate Relationship Officer, Canara  
Bank, Chalakkudy



Ann Josmin Joseph  
BCA (2018-2021)

SEO & Digital Marketing Executive,  
Spidernet Technologies, Bangalore



Jubit Pincy  
BCA (2019-2022)

Technical Editor, Packt Ltd, Mumbai



Soumya E U

BA Economics 2005-08  
Sub Inspector, Kerala Police, Kannur



Mathusree Menon  
BA English 2017-2020  
Communications Officer, The Rural  
Development Trust(Rdt), Anantapur



Sojiya V  
BSc Mathematics and MSc  
Mathematics 2017-2022  
Scholar Trainee , Wipro Limited  
Bengaluru



Anjali K G  
BSc Mathematics 2016-2019  
System Engineer, Infosys Limited,  
Bengaluru



Keerthy P S  
BSc Mathematics 2016-2019  
Office Assistant  
Kerala Gramin Bank, Kannur



Kajal P Madhu  
MSc Microbiology 2019-2021  
Microbiologist Metropolitan Hospital,  
Koorkenchery, Thrissur



Ramsheena KK  
MSc Microbiology 2019-2021  
Microbiologist , Sahyadri Bio Labs Pvt.  
Ltd.



**Likha P S**

**BSc and : MSc Microbiology:2015 -2020  
Laboratory Technologist, Al Abeer  
Medical Centre , Qatar**



**Jasmine PS**

**Bsc Microbiology 2019-2022  
Medical Record Assistant MES DDU  
GKY, Trivandrum**



**Hanna Abdul Kader**

**MSc Microbiology 2018-2020  
Administrative Secretary Platinum Heights  
Real Estate Brokers, Dubai**



**Thrithy Thilakan**

**BSc: and MSc Microbiology 2015-2020  
Medical Laboratory Assistant, Wexham  
Park Hospital, Wexham St, Slough, UK**



**Bini Benny**

**BSc: and MSc Microbiology 2015-2020  
Assistant Professor on Contract, St.  
Mary's College, Thrissur**



**Hasbeena K.**

**MSc Psychology 2018 – 2020  
School Counsellor, Grace Valley Public  
School, Maravattam, Malappuram**



Khadeeja Shifa  
MSc Psychology 2018 – 2020  
Assistant Professor, Mother Arts and  
Science College, Peruvallur



Sariga P.C.  
MSc Psychology 2018 – 2020  
Behavior Therapist, ATIDHI, Child  
Health Care Centre, Kaipamangalam,  
Thrissur



Vaseela K. M.  
MSc Psychology 2018 – 2020  
Assistant Professor, M.E.S. T. O. Abdulla  
Memorial College, Kunnukara, Aluva



Sreelakshmi K. P.  
MSc Psychology 2019 – 2021  
Student Counsellor, KMCT Polytechnic  
College, Kuttippuram



Swathija Das K. V.  
MSc Psychology 2019 – 2021  
Consultant Psychologist, Prathyasa  
Counselling Centre, Thrissur



Harsha M. P.  
MSc Psychology 2019 – 2021  
Shadow Teacher, Devamatha CMI  
International School, Thrissur





Athira C. C.  
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